

GOVERNOR GRANHOLM HAS DECLARED MAY 31ST AS HEAT AWARENESS DAY IN MICHIGAN

Tolls of Extreme Heat

- Heat kills by taxing the human body beyond its abilities.
- 237 people succumb to the demands of heat on an annual basis.
- In the disastrous heat wave of 1980, across the nation more than 1,700 people died.

Contributing Factors

- Stagnant air conditions in cities add the stress of pollution.
- Sunburn can significantly retard the skin's ability to shed excess heat.
- Alcohol and certain medications can limit the ability to remove excess heat.

What to Look For

- Excessive Heat Outlooks from the Climate Prediction Center - available on the web at http://www.cpc.ncep.noaa.gov/products/predictions/hi_610.html
- NOAA National Weather Service (NWS) **Excessive Heat Watches, Heat Advisories, and Excessive Heat Warnings.**
- NWS forecasts which headline watches, advisories, and warnings.

Heat Advisory – Issued when the Heat Index (HI), which combines the effects of high temperatures and relative humidity, is expected to be at least 100° for 3 hours or more.

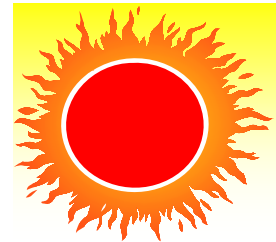
Excessive Heat Warning – Issued when the HI is expected to be at least 110° for 3 hours or more.

Actions to Prevent Heat Disorders

- **Hydrate** - Drink plenty of water!
- **Educate** - Know the latest temperature and heat index forecasts and values. Know the warning signs of heat illness and how to stay cool.
- **Act quickly when heat illness is suspected** - Seek medical attention immediately for any of the following warning signs; cramping, rapid pulse, excessive sweating, red hot skin, nausea, dizziness and/or confusion.
- **Take it easy** - Especially between the hours of 11 am and 6 pm, avoid over exertion. Take breaks at least hourly in the shade or in an air conditioned location.

First Aid for Heat Disorders

Heat Disorder	Symptoms	First Aid
• Sunburn	Redness and pain. Swelling of skin, blisters, fever, and headaches.	Ointments or a dry sterile dressing. Severe cases should be seen by physician.
• Heat Cramps	Painful spasms of muscles. Heavy sweating.	Firm pressure on muscles, or gentle massage. Give sips of water. If nausea occurs, discontinue use.
• Heat Exhaustion	Heavy sweating, weakness, skin cold, pale, and clammy. Thready pulse. Fainting and vomiting.	Get victim out of sun. Lay down and loosen clothing. Apply cool wet cloth. Give sips of water, unless nausea occurs. If vomiting continues, seek medical attention.
• Heat Stroke	High body temperature (106° or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.	Summon emergency medical assistance immediately. Move victim to a cooler environment and reduce body temperature with a cool bath



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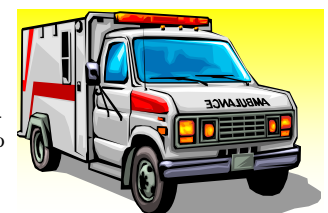
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Did You Know?

Since HI values were devised for shady, light wind conditions, exposure to full sunshine can increase HI values by up to 15° F.



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Provided by NOAA National Weather Service offices serving
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Heat Index Chart

